

DR. AMAN SAINKY

Consultant - Obstetrics and Gynaecology

Qualification

MBBS | DNB | FMAS | CIMP

Overview

Dr. Aman Sainky is a Consultant in the Department of Obstetrics and Gynaecology at Bhagwan Mahavir Manipal Hospital, Ranchi, with extensive expertise in high-risk pregnancies, infertility (IVF), laparoscopic, and minimally invasive surgeries. She holds an MBBS degree from Mahatma Gandhi Institute of Medical Sciences, Jamshedpur, obtained in 2010, and completed her DNB in Obstetrics and Gynaecology from Sir Ganga Ram Hospital, New Delhi, in 2017. She further honed her skills as a Senior Resident at VMMC and Safdarjung Hospital, New Delhi, in 2021, and earned a Fellowship in Minimal Access Surgery (FMAS) in 2023, along with a Credential IMS Menopause (CIMP) in the same year. Dr. Sainky's clinical proficiency includes managing complex cases of recurrent pregnancy loss, pubertal disorders, PCOD, endometriosis, gyne-endocrinology, lactation problems, chronic pelvic pain, hysteroscopy, gyne-oncology, and menopausal disorders. She is also adept at performing hysterectomies, laparoscopic tubal ligations, pelvic reconstructive surgery, and managing urinary tract infections and incontinence. Her thesis on fetal growth restriction and associated perinatal outcomes reflects

her research acumen, with publications in esteemed journals such as the Journal of Fetal Medicine. Dr. Sainky has presented posters on rare gynecological cases and participated in numerous national conferences, including the Annual Conference of the Association of Obstetricians and Gynecologists of Delhi and the National FOGSI Conference on Women's Reproductive and Sexual Health.
Her commitment to continuous learning is evident through her participation in various workshops and CME sessions, covering topics from diabetes in pregnancy to endoscopic techniques. As an ex-registrar and a former senior resident, Dr. Sainky's experience spans several reputable institutions, enhancing her practical and theoretical knowledge of surgical procedures. She is an active member of professional bodies such as the Association of Minimal Access Surgeons of India (AMASI) and the Association of Obstetricians and Gynecologists of Delhi (AOGD).

Fellowship & Membership

- Association of Minimal Access Surgeons of India (AMASI) - 13082.
- Association of Obstetricians and Gynaecologists of Delhi (AOGD).
- Laparoscopic tubal ligation is certified by the Government of India.

Languages Spoken

- Hindi
- English

Awards & Achievements

- DNB thesis: Fetal growth restriction as defined by Delphi consensus and the associated perinatal outcomes: A prospective observational study.
- Poster Presentation - Unusual Presentation of Broad Ligament Fibroid Uterus.
- Poster Presentation - A large borderline ovarian tumour: A rare case scenario.
- 42nd Annual Conference of the Association of Obstetricians and Gynaecologists of Delhi 2020.
- 12h Annual National conference of Society of Endoscopic and Laparoscopic Surgeons of India 2019.
- 25th Annual Conference NARCHI Delhi 2019.
- National FOGSI Conference on Women's reproductive and sexual health. (Surakshit Naritva) 2020.
- 18th National Conference of IAP Adolescent Health Academy 2018.
- CME on Diabetes in pregnancy, under the aegis of AOGD and DDF.
- Workshop on endoscopy under the Indian Association of Gynaecological Endoscopists 2018.
- Gurukul classes in Sir Gangaram Hospital, Institute of Obstetricians and Gynaecologists under ISOPARB, IMS Delhi chapter and AOGD 2018.
- Gurukul classes in Sir Gangaram Hospital, Institute of Obstetricians and Gynaecologists under ISOPARB, ICOG and AOGD 2019.
- Gurukul classes in Sir Gangaram Hospital, Institute of Obstetricians and Gynaecologists under ISOPARB, ICOG and AOGD 2020.
- ISOPARB Yuva quiz, North Zone on Infections in pregnancy 2020.
- National FOGSI Conference on Women's reproductive and

sexual health (Surakshit Naritva), quiz competition.

Talks & Publications

- Aman Sainky, Sakshi Nayar, Nidhish Sharma, Nandita Dimri Gupta, Manoj Modi, Chandra Mansukhani, Kanwal Gujral: Perinatal outcomes of Fetal Growth Restriction, Classified according to Delphi consensus definition: A prospective observational study. Journal of Fetal Medicine; 2022:9:113 -119.